

Cl
came

**Please cancel claims 3 and 5 without prejudice or disclaimer of the
subject matter contained therein.**

Please amend the claims as follows:

- C^2

C2
emld hardness C2 of the projected portion measured by JIS-C is in the range from 5-80.

C3 2. The shoe according to claim 1, wherein said polybutadiene contains a cis-1,4 linkage at 70% or more in the polymer structure thereof.

C4 4. (Three Times Amended) A shoe, comprising:
an outsole including a projected portion having a ground-contact surface formed thereon, said outsole including a heel portion and a forefoot portion ; and
a plurality of spikes located on the heel portion and the forefoot portion of said outsole, each of said plurality of spikes being removably mounted to said outsole and including a disk shaped portion and a plurality of pins and having a ground-contact portion, an entirety of said plurality of spikes being made of a molded rubber material having a JIS-C hardness in the range from 35 to 95 and an elongation at break of 280% or more; said molded rubber material contains 30 wt% or more of acrylonitrile-butadiene copolymer as a rubber component thereof; the difference (h1-h2) between a projected height h1 of said spike and a projected height h2 of said projected portion is in the range from 0mm to 15mm; and a difference (C1-C2) between a hardness C1 of the ground contact portion of the spike and a hardness C2 of the projected portion measured by JIS-C is in the range from 5-80.
